Every Second Counts

As I've got older I'm hyper aware of the passing of time, time is in warp speed mode, literally rushing by; days, weeks, months, years.
I have a very vivid image of an egg timer in my mind's eye, with more sand in the bottom than the top; the remaining sand rushing through faster and faster

So much to do, so little time.

Transform Your Life with Spiritual Oddysey

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Career Coaching

Are you feeling stuck in your career? Do you want to find a job that you love? My career coaching services can help you identify your strengths and passions and find a fulfilling career path.

Relationship Coaching

Are you struggling to communicate with your partner or find a healthy work-life balance? My relationship coaching services can help you improve your communication skills and find the balance you need to build a strong and healthy relationship.

Self-Care Coaching

Are you neglecting your own needs and feeling burnt out? My self-care coaching services can help you prioritize self-care and develop a sustainable self-care routine that works for you.

Mindset Coaching

Do you struggle with negative self-talk or limiting beliefs that hold you back from reaching your full potential? My mindset coaching services can help you identify and shift your limiting beliefs and develop a growth mindset.

Fitness Coaching

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